Senior Citizens At Costume Party

Senior Citizens from Concord attended a Halloween Costume Party sponsored by the Plum Branch Women's Club. 12 senior citizens wore costumes with Mrs. T. A. Perrow winning a prize for the most original costume.

American Legion Donates

American Legion Post 104 Adjutant Ronald C. Spiggle, second from left, presents check for $50.00 to Appomattox County High School Band Director Frank Coffey. Funds will be used to pay for new flags being displayed by Debbie Rush, left, and Joe Ford.

COLLEGE NIGHT AT E. C. GLASS TONIGHT

Appomattox County High School Juniors and Seniors are reminded of "College Night" at E. C. Glass High School at 7 :30 p. m. on Thursday, November 14, 1973. Parents are also urged to attend this informative meeting of representatives of various educational institutions.

YWCA Sponsors Parent Group

The Lynchburg branch of the Young Women's Christian Association will sponsor an open meeting of Parents Anonymous November 18 at Westminster Presbyterian Church in Lynchburg. The meeting is slated to begin at 10: a.m.

Mrs. Jolly K., the founder of the national organization, and Mrs. Margot Fritz, Director of Training for PA will explain the object and inner working of PA.

Parents Anonymous is a national program designed to aid parents who are guilty of child abuse and child neglect.

David Spiggle New Worker at Park

On October 7, David Spiggle of Appomattox began work as the historical park's newest permanent employee. Prior to joining the park staff he worked at Parkway Fuel Oil Company for twelve years.

David's new position will be a unique one. For most of the year he will work with the maintenance division in the upkeep of the park's resources. During the summer months, he will be a member of the "living history" program interpreting the surrender events of April 1865.

David would like to remind the community that the park has much more to see than just himself and that the buildings are open daily from 8:30 a. m. until 5:00 p. m. until next June 7.

Evergreen Methodist Shows Film

The Evergreen United Methodist Church will show a film, "The Sounds of Love", November 23 at 7: p.m.

The new color documentary features Maria Von Trapp, the real Mara from the "Sound of Music", movie actress Dale Evans, and Corrie Ten Boom who during World War II was condemned to death by the Nazis for aiding the Jews of Holland to escape capture and death.

"THE SOUNDS OF LOVE" is a film about women but it is not a woman's film. It is an absorbing documentary that has magnetic appeal to both men and women as it probes into the lives of three magnificent ladies.

Corrie Ten Boom suffered at the hands of the Nazis'. Cruel war-time death claimed the lives of four of her loved ones. Betrayed by her countrymen for aiding Jews, she, too, was scheduled for execution. Her description of what happened is a lesson in love that viewers will not soon forget.

Dale Evans' marriage to cowboy actor Roy Rogers beautifully illustrates that true love is possible in Hollywood's world of make believe. In THE SOUNDS OF LOVE, she illuminates how God involves Himself in human drama and makes Himself heard through THE SOUNDS OF LOVE".

Maria Von Trapp has a powerful story. Her adventurous and overflowing life was told in the film "The Sound of Music". In "THE SOUNDS OF LOVE", she reveals an interesting combination of the bitter and the sweet as she poignantly tells of those days in the Austrian Alps just before the invasion of Hitler's armies.

"THE SOUNDS OF LOVE" is a film about women but it is more than that. It is, in truth, a film about Christ that leaves viewers captivated, wishing that there were more.

EMERGENCY FIRST AID
352-5425
APPOMATTOX COUNTY RESCUE SQUAD

Richmond Youths Visit Park

343 young members of the Open Door Baptist Church in Richmond spent Saturday at A Historical Park. The church is said to have the fastest growing Sunday School in Virgini 900 members being bussed each Sunday. The church is four years old and started members, but has had as many as 1,400 at a single service. Rev. Danny Smith is pastor Layne is bus director.

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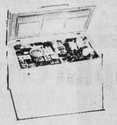

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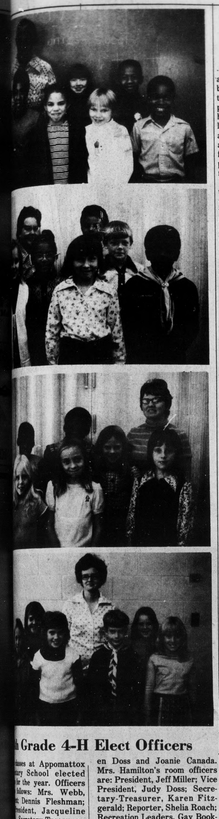

Grade 4-H Elect Officers

...ers at Appomattox ...ary School elected ...e year. Officers ...llows: Mrs. Webb, ...; Dennis Fleshman; ...resident, Jacqueline ...Secretary-Treasurer, ...; Reporter, Bren- ...Recreation Leaders, ...ers and Ruby Goin. ...ub's room they are ...: Rick Caldwell; Vice ...: Kim Maxwell; Sec- ...reasurer, Sheila Carr- ...porter, Cheryl Cheat- ...recreation Leaders Karen Doss and Joanie Canada. Mrs. Hamilton's room officers are: President, Jeff Miller; Vice President, Judy Doss; Secretary-Treasurer, Karen Fitzgerald; Reporter, Sheila Roach; Recreation Leaders, Gay Booker and Sheila Shorter. Mrs. Sears room officers are: President, Bobby Booker; Vice President, William Cheatham; Secretary-Treasurer, Delisa Watkins; Reporter, Kevin Ferguson, Recreation Leaders, Donna Abernathy and Teresa Hamlett.

BUY-SELL-RENT-HIRE Classified ADS DO IT BETTER

TIMES-VIRGINIAN

APPOMATTOX, VA.

...y ...nders

...END - Holiday trips ...er weather often make ...combination.

...ing how to handle ...n bad weather is ..., advises John T. ...ector, Highway ...ivision of Virginia. ...need to get the feel ...d before beginning a ...ing trip. If roads are ...pump the brakes ...to see how the car ...

...ter traction during ...driving, the safety ...commends that mo- ...ist tires with good ...Adequate tread depth ...not all year long, but ...ly during months ...ipitations are usually ...

...ng the National Safety ...show that the braking ...on snow and ice may ...ime to as much as 10 ...of normal dry pavement ...distance.

...ional snow tires pro- ...ction for mild to ...snow and ice condi- ...Reserved tire chains ...ective for driving in ...and glare ice.

...car should enter a ...the front of the car ...the direction the rear ...When the car begins ...skid, straighten out ...wheels. Brake gently ...negotiating a curve to help ...the dangerous skids.

...GENCY FIRE CALLS ...352-2219 ...APPOMATTOX FIRE ...DEPARTMENT

Food Shopper

by Cathy B. Hinton
Va. Dept. of Agriculture

Remember the good old days when the family gathered around the table and enjoyed breakfast, lunch and dinner together. Today's patterns and preferences complicate eating habits. Sis is off to music lessons. Dad has a business appointment and you may have a tennis match planned. The family on the go has the potentality of developing erratic eating habits.

Imagine, the individual of today may have 20 contacts with food during the day rather than three balanced meals. This has a tendency to complicate food shopping even more! It's necessary to learn more about the foods we buy for consumption. Since nibbling has become an accepted part of daily routine, let's buy nibble foods that are nutritious without being a strain on the budget.

First step is to size up your snacks, how do they fit into your basic meal planning and daily nutrient requirements? Don't forget your budget! It's a good idea to plan snacks into your food shopping list so you won't be tempted by impulse items when shopping.

Do you need a munch with a punch or a save your shape snack? Underweight folks can afford to eat hearty snacks. If you do strenuous work or participate in athletics you also can afford a few extra calories for an "energy" boost between meals. An excellent snack source is peanut butter. Always a good shopper's choice for a less expensive protein source.

If your clothes begin to feel a little snug it may be time to nibble on fewer calories. Look the other way when you pass those expensive snack foods on the grocery shelf. Steer your cart over to the produce section and buy some bargain priced raw vegetables and fruits. Take advantage of featured items such as celery, carrots, apples or pears. Now you can outsmart temptation. Have your refrigerator crisper filled with celery, carrot and zucchini sticks, or any fresh raw vegetable. Instead of having cheese and crackers try wrapping lettuce around the cheese. Lettuce is a low-cal substitute which is more filling.

No matter what type of nibbler you may be, stop and consider if your snacks are nutritious without being a strain on the budget.

Letter

On behalf of the Campbell-Appomattox Federation Future Homemakers of America and the Senior F. H. A. Chapter of Appomattox County High, we would like to thank you for allowing the Miss F. H. A. Contests to distribute jars around Appomattox. We would also like to thank the businesses for the vry nice gifts donated for door prizes. We would also like to thank everyone of Appomattox for their contributions. The following contestants would like to express their appreciation to everyone who helped with the contest: Kathy O'Brien, Teresa Elliot, and Debbie Martin.

Thank you,

Kathy O'Brien, Federation Secretary.

Midget Footballers

Photo by Roger D. Davis

Members of Appomattox Little League football Midgets are, from left, front row, John Elder, Junior Sayer, Keith Mann, David Toddy, Mark Kelso, Kendall Moore, Andrew Fratrick, Wayne Moore. Second row, Steve Mayberry, Robert Paulette, Matt Hanson, Buster Smathers, Richie Guill, Kevin Ferguson, Lawrence Lawhorne, Ron Carter, Kevin Mitchell and Lewis Sharpe also played for Midgets. Coaching staff is John Thomas Paulette, Bruce Moore, Jimmy Mayberry and Dicky Guill.

Taxpayers Ask IRS

This column of questions and answers on federal tax matters is provided by the local office of the U.S. Internal Revenue Service and is published as a public service to taxpayers. The column answers questions most frequently asked by taxpayers.

Q. At Thanksgiving and Christmas, my employer usually gives each employee a turkey or a fruit basket, and sometimes a gift certificate if we've had a good sales year. Do I have to pay tax on such gifts?

A. If your employer distributes to you and your co-workers goodwill gifts of food or other merchandise of nominal value on holidays, the value of these gifts is not income. However, if your employer distributes cash, gift certificates, or similar items of readily convertible cash value, such gifts represent taxable salary paid to you.

Q. I drive in a car pool to work with three other people. Are any of my auto expenses inconnection with the car pool tax deductible? Do I have to pay tax on the money I receive from the other members for gas?

A. Certain nonbusiness auto expenses are deductible at present, such as gasoline tax, personal property tax, general sales and compensating use taxes, interest on auto loans and casualty and theft losses. But the costs of repairs, gas, and similar items in connection with an automobile used in a car pool to and from work are personal expenses and they are not deductible. The money your passengers pay you to compensate your expenscs is not income to you except to the extent that it exceeds your expenses.

Q. In figuring how much I spent for our family vacation this year, I noticed that I paid Federal excise tax on our airline tickets, and several tolls for state roads we used. Are these amounts tax deductible?

A. No, these are nondeductible taxes. General sales taxes on souvenirs you bought, or on rental property such as a pleasure boat (if rentals are subject to the sales tax law of the locality) are tax deductible expenses you might have paid on your vacation. For more information on deductible taxes, consult IRS publication 546, "Income Tax Deduction for Taxes." You can get a copy free at may IRS offices.

Q. I just bought a new house in a development and I'm renting it out. The city has assessed me for building a sidewalk in front of my house. Does th a assessment qualify as a deductible rental expense?

A. No. Assessments for local benefits that tend to increase the value of your property, such as assessments for the construction of streets, sidewalks, water and sewerage systems or improvement of public parking facilities, are generally not deductible. If the local benefit involved increases the value of your property, you must increase the basis of your property by the amount of the assessment.

"Miss FHA"

Miss Kathy O'Brien

Appomattox County High's "Miss FHA", Kathy O'Brien, placed second in the Campbell-Appomattox Federation Competition on November 4, 1974. Kathy is the daughter of Mr. and Mrs. T. E. O'Brien of Appomattox.

The event took place at the annual skating party at "Skateland" in Lynchburg. In addition to the "Miss FHA" judging, there were a number of audience participation contests which many of our students entered. A good time was enjoyed by all and the Federation money-making project was a great success.

Fire Calls

Week of Nov. 4th

Nov. 4 - 1:10 p.m. - Brush Fire - 2 Units - 8 Men

Nov. 4 - 4:15 p.m. - Brush Fire - 1 Units - 11 Men

Nov. 7 - 2: p.m. - Grass Fire - 2 Units - 6 Men

Nov. 9 - 2: p.m. - Brush fire - 2 units - 7 men

Nov. 10 - 12:15 p.m. Brush Fire - 2 Units - 8 Men.

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"HACCKK"
"I HEAR YOU'RE STILL SMOKING"

American Cancer Society

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November 18 - 19 - 6:30 - 9:00 p. m.

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BRING IN YOUR CHRISTMAS ORDER. If your order totals $25 or more, you'll get a gift. In case you cannot attend this festive occasion, phone in your order anytime on Monday or Tuesday, November 18 or 19 to qualify for the gift.

Don't forget, Sears official Christmas opening is Monday and Tuesday, November 18 and 19, between 6:30 and 9:00 p.m. We will be expecting you.

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